



For Immediate Release

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Bayou on the Move **Moving Towards a Healthier Community**

Bayou La Batre, AL - BayouClinic, Providence Hospital, and Bay Area Food Bank have teamed up to sponsor a fun and educational event on Friday Oct. 30 from 10a-2p at BayouClinic to help improve the physical, financial, and mental well being of the local community. This event is part of a larger national partnership between Ascension, of which Providence is a member, and Feeding America to address food deserts and nutritional issues.

Bayou on the Move is an ongoing initiative to improve the health of residents in Bayou La Batre and surrounding South Mobile County. "Health does not occur only in the doctor's office and hospital," says Dr. Regina Benjamin, Founder of BayouClinic, Inc. "Health also occurs where we live, learn, work, play, and pray." Consistent with the U.S. Surgeon General's National Prevention Strategy, staying healthy also depends on other factors that influence our health, such as housing, transportation, education, and the availability of quality, affordable food.

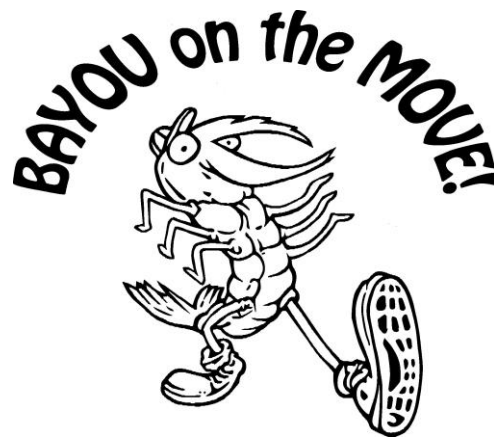
Multiple service providers will be on site for one-on-one engagement with anyone who wishes to learn more about their service or attend the classes offered. Some of the day's free activities include:

- Credit, housing, and legal counseling
- Healthy cooking classes
- Free healthy food boxes to participants, provided by Bay Area Food Bank
- Free flu shots; blood sugar checks; breast, eye, and skin cancer screenings;
- Mobile units from the Alabama Career Center and Mobile County Health Department
- Continuous fun walk
- Live music from Alma Bryant High School Jazz Band

As Dr. Benjamin says, "We want to make Healthy Living Fun!"

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Mobile County organizations providing information and services at the event include: Alabama Career Center, AltaPointe, American Cancer Society, Bay Area Food Bank, BayouClinic, Bishop State Workforce Development, Boat People SOS, Byron A. Lassiter & Associates, Catholic Social Services, Center for Fair Housing, Consumer Credit Counseling, Early Head Start, Enroll Alabama, First Teacher, Fowl River Volunteer Fire Department, Franklin Primary Health Center, Goodwill Easter Seals, Guadalupe Center, Head Start, Independent Living Center of Mobile, Legal Services, Lions Club, Mitchell Cancer Institute, Mobile County Health Department, Ozanam Pharmacy, Penelope House, PNC Bank, Providence Hospital, South Alabama Regional Planning Commission, Telamon Corporation, and USDA Rural Development.



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